



Age Group	Percentage
18-24	~10%
25-34	~35%
35-44	~25%
45-54	~20%
55-64	~15%
65-74	~10%
75-84	~5%
85+	~2%

Age Group	Percentage
18-24	~10%
25-34	~35%
35-44	~25%
45-54	~20%
55-64	~15%
65-74	~10%
75-84	~5%
85+	~2%

1. *Journal of the American Medical Association*, 2000; 283: 2686-2692.

1. **Identify the main purpose of the document.**
 2. **Summarize the key points in your own words.**
 3. **Identify the author's tone and style.**
 4. **Identify the audience for the document.**
 5. **Identify the main argument or conclusion.**
 6. **Identify the supporting evidence.**
 7. **Identify the counterarguments.**
 8. **Identify the conclusion.**
 9. **Identify the main points.**
 10. **Identify the main conclusion.**

1. The first step in the process is to identify the problem or issue that needs to be addressed. This involves gathering information and understanding the context of the problem.

2. Once the problem is identified, the next step is to define the objectives and goals of the project. This helps to clarify what needs to be achieved and provides a clear direction for the team.

3. The third step is to develop a plan or strategy to address the problem. This involves breaking down the problem into smaller, manageable tasks and determining the resources needed to complete each task.

4. The fourth step is to implement the plan. This involves putting the strategy into action and monitoring progress to ensure that the project is on track.

5. The final step is to evaluate the results of the project. This involves assessing the outcomes against the objectives and goals and identifying any areas for improvement.

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 3. **Identify the author's tone and style.**
 4. **Identify the main arguments and evidence.**
 5. **Identify the conclusion and recommendations.**
 6. **Identify the main themes and topics.**
 7. **Identify the main characters and events.**
 8. **Identify the main settings and time periods.**
 9. **Identify the main sources and references.**
 10. **Identify the main questions and answers.**

- **Stress** is a response to a stimulus
- **Stressors** are the stimuli that cause stress
- **Stress** is a response to a stressor
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Abstract

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1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

2. Next, gather relevant information and data. This may involve research, consultation with experts, or collecting data from various sources.

3. Once the information is gathered, analyze it to identify patterns, trends, and potential solutions. This step often involves critical thinking and problem-solving skills.

4. After analysis, develop a plan or strategy to address the problem. This plan should outline the steps to be taken and the resources needed.

5. Implement the plan and monitor progress. This involves putting the plan into action and regularly checking on the results to ensure that the problem is being solved effectively.

6. Finally, evaluate the outcome and make adjustments as needed. This step involves reflecting on the process and the results to determine what worked well and what could be improved for future tasks.

Age Group	Percentage
18-24	~15%
25-34	~35%
35-44	~30%
45-54	~25%
55-64	~20%
65-74	~15%
75-84	~10%
85+	~5%

1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.
2. Next, gather relevant information and data. This may involve research, consultation with experts, or collecting data from various sources.
3. Once the information is gathered, analyze it to identify patterns, trends, and key factors that influence the outcome.
4. Based on the analysis, develop a plan or strategy to address the problem. This plan should outline the steps to be taken and the resources required.
5. Implement the plan and monitor the progress. This involves executing the tasks and regularly checking the results to ensure they align with the goals.
6. Finally, evaluate the outcome and draw conclusions. This involves comparing the results against the initial objectives and identifying any areas for improvement.

1. **Introduction**
 2. **Background**
 3. **Methodology**
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1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

2. The second step is to gather relevant information and data. This can involve research, consultation with experts, or collecting data from various sources.

3. The third step is to analyze the information and data collected. This involves identifying patterns, trends, and relationships that can help in understanding the problem.

4. The fourth step is to develop a solution or answer. This involves applying the knowledge and skills gained from the previous steps to create a response that addresses the problem.

5. The fifth step is to evaluate the solution or answer. This involves checking the results against the original problem and requirements to ensure that the solution is effective and accurate.

1. **Identify the problem.** The first step is to identify the problem. This involves understanding the symptoms, the duration of the problem, and any factors that may be contributing to it.

1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

Figure 1

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1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

Age Group	Percentage
18-24	28%
25-34	22%
35-44	18%
45-54	15%
55-64	12%
65-74	8%
75-84	5%
85+	2%

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